

Homework

Remember that there is a difference between agreeing with something intellectually and actually gaining insight from doing it.

In the following exercise, you can literally change your life by:

1. Increasing awareness by thinking about what you think about.
2. Understanding the impact of your thinking on your life by doing a model on your current thinking.
3. Working on consciously and deliberately creating your life by choosing a model you want to create in your daily life.

It takes twenty minutes per day. For the next 8 weeks do a thought download and two models: One Intentional and One Unintentional

Take the time to complete this work daily.

Thought Download:

Do not filter your thoughts. Let it all out.

Unintentional Model

Remember, circumstances are facts.

Pick your truest thought from your thought download.

Only one thought and one feeling.

Remember, circumstances are facts.

Fill up your A line.

The result is your result: the result you are creating in your world.

C

T

F

A

R

Intentional Model

Keep the same circumstance.

Choose a desired new feeling, thought, action or result.

Pick whichever line feels easiest to you at the time.

Fill up the rest of the model by answering, "what would I feel if I thought this? What would I think if I felt this feeling? How would I act? What would my result be from these actions? .

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